

# SMOOTH ELEMENTS RULES AND RESTRICTIONS FOR COMPETITION



## BRONZE RESTRICTIONS FOR ALL SMOOTH DANCES

- All couples must start in Traditional Ballroom Hold in any allowable Bronze position or proximity, (including the follower's left hand being placed on the leader's right upper arm or shoulder), and must remain in this hold for the first 4 bars they dance. Alternate Hold and Double Hand Hold do not count towards this requirement.
- For all closed syllabus Bronze and Silver levels an additional 8 bars must be danced in the Traditional Ballroom Hold (as defined) at any time during the first minute of music for a total of 12 bars.
- Viennese Waltz allows the traditional single \*Curtsey and Bow before taking hold. No other entrances are allowed. Posing or poses prior to taking hold will be considered an entrance.
- Once the initial hold is taken, couples must always maintain an allowable hold and may not completely separate.
- Feet must close, No Passing Feet (Continuity Style) in Waltz, Foxtrot or Viennese Waltz except in permitted Elements, a Closed Finish must follow these Elements. See the specific dances for allowed Elements.
- One Underarm Turn at a time is the maximum allowed in the Bronze level. Underarm Turns are measured by how many times a partner turns under the connected arms.
- No Fallaway actions (including Fallaway Grapevines). Fifth Position and Open Breaks are not considered Fallaway actions and are allowed.
- No consecutive Pivots to left or right, 1 Pivot only is allowed.
- Partners must remain on Opposite Foot with no foot changes, fakes, solo, or Same Foot figures except for the \*Tango Shadow Rocks.
- No syncopations are allowed other than the \*Promenade Chassé allowed in Waltz and Foxtrot. No syncopated Underarm Turns.
- No Picture Lines i.e. Contra Check, Oversway, Lunges, etc.
- Couples must always remain in a standing position. No changes of levels.
- No embellishments of syllabus figures. No Head Rolls, Foot Flicks, syncopations or delayed timings unless specifically approved under timings of each dance.
- Feet must always remain close to the floor (no Aerial Rondés, Developés, Flicks, Leg Crawls, etc.)

## BRONZE SMOOTH WALTZ RESTRICTIONS

All general restrictions for Bronze Smooth dances apply as well as the following rules specifically for Waltz

- Partners may not completely separate. Open/extended work is limited to Single or Double Hand Holds and may not last for more than 8 consecutive bars (24 beats).
- No consecutive Pivots to left or right, 1 Pivot is allowed and must be preceded and followed by a Hesitation.
- Feet must close on third count, No Passing Feet (Continuity Style) except in permitted Elements, a Closed Finish must follow these Elements (Hesitations, Breaks, Cross-Body Lead, chassés, Waltz Grapevine, Underarm Turns, Spin Turns, Pivots)

# SMOOTH ELEMENTS RULES AND RESTRICTIONS FOR COMPETITION



## BRONZE SMOOTH TANGO RESTRICTIONS

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All general restrictions for Bronze Smooth dances apply as well as the following rules specifically for Tango

- Partners may not completely separate. Open/extended work is limited to Single or Double Hand Holds and may not last for more than 8 consecutive bars (32 beats).
- Partners must always be on Opposite Foot except for \*Shadow Rocks.
- No more than 4 consecutive quicks.
- Although the Corté is permitted, other Picture Lines are not allowed.
- No syncopations, except for the Brush Tap in the Open Fan (&S).

## BRONZE SMOOTH FOXTROT RESTRICTIONS

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All general restrictions for Bronze Smooth dances apply as well as the following rules specifically for Foxtrot

- Partners may not completely separate. Open/extended work is limited to Single or Double Hand Holds and may not last for more than 8 consecutive bars (32 beats).
- Feet must close, No Passing Feet (Continuity Style) except in permitted Elements, a Closed Finish must follow these Elements (Step Points/Swivels, Breaks, Cross-Body Lead, chassés, Grapevines, Underarm Turns, Spin Turns, Pivots).
- No more than 4 consecutive quicks, except for the \*Grapevine where up to 8 consecutive quicks are allowed.

## BRONZE SMOOTH VIENNESE WALTZ RESTRICTIONS

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All general restrictions for Bronze Smooth dances apply as well as the following rules specifically for Viennese Waltz

- No syncopations are permitted.
- Partners may not completely separate. Open/extended work is limited to Single or Double Hand Holds and may not last longer than 8 consecutive bars (24 beats).
- Waltz timing, Hesitation timing, and Canter timing are allowed.
- Feet must close on third count, No Passing Feet (Continuity Style) except in permitted Elements, a Closed Finish must follow these Elements (Hesitations, Breaks, Cross-Body Lead, Underarm Turns).

# SILVER RESTRICTIONS FOR ALL SMOOTH DANCES



## SILVER RESTRICTIONS FOR ALL SMOOTH DANCES

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- All couples must start in the Traditional Ballroom Hold in any allowable Bronze position or proximity, (including the follower's left hand being placed on the leader's right upper arm or shoulder), and must remain in this hold for the first 4 bars they dance. Alternate Hold and Double Hand Hold do not count towards this requirement.
- For all closed syllabus Bronze and Silver levels an additional 8 bars must be danced in the Traditional Ballroom Hold (as defined) at any time during the first minute of music for a total of 12 bars.
- Viennese Waltz allows the traditional single \*Curtsey and Bow before taking hold. No other entrances are allowed. Posing or poses prior to taking hold will be considered an entrance.
- Partners may release to No Hold for a maximum of 1 measure per occurrence at Apart or closer proximities only.
- Right Shadow Position (same foot, follower in front) is restricted to a maximum of 8 consecutive bars. Left Shadow Position is restricted to one bar in \*Shadow Switches in Waltz only.
- Allowable Picture Lines may be held for a maximum of 2 bars on one foot.
- Partners are on Opposite Foot except for the Same Foot Lunge and Right Shadow Position as noted in the individual dances. Same foot is also allowed in Foxtrot for the \*Grapevine in Left Side Position for up to 4 quicks only.
- Continuous partnership Pivots are allowed for a maximum of 2 consecutive bars. Syncopated Pivots are allowed in Waltz only with no more than 1 syncopation per bar.
- Couples must always remain in a standing position. No change of levels.
- No dips or drops below the waist level. No Knee Drops, Sit Drops, Floor Slashes, Sit Spins, Standing Spins, Horse & Carts, Pot Stirrers, Hinges, Left Whisks, X Lines, Attitudes, Eros Lines, Throwaway Oversways.
- No embellishments of syllabus figures. No Head Rolls, Foot Flicks, syncopations or delayed timings unless specifically approved under timings of each dance.
- Kicks, Rondés, Developés must be no more than waist high.
- Closed Silver Routines must not incorporate any Figures or Elements specified as being allowed at the Closed Gold Level.

## GOLD RESTRICTIONS FOR ALL SMOOTH DANCES

- Partners must start on Opposite Foot, with any allowable hold that requires a minimum of a Single Hand Hold for the first 4 bars. No entrances are allowed. A single \*Curtsey and Bow facing partner in Viennese Waltz is allowed.
- At least 6 complete bars within the first minute of each dance must be danced in Traditional Ballroom Hold
- Partners may release to No Hold for a maximum of 4 consecutive bars, then must regain a connection (any allowable hold) for at least 2 bars before releasing hold again. In Viennese Waltz partners may separate for a maximum of 8 consecutive bars, then must regain a connection (any allowable hold) for at least 4 bars before releasing hold again.

# SILVER RESTRICTIONS FOR ALL SMOOTH DANCES



## GOLD RESTRICTIONS FOR ALL SMOOTH DANCES

- The following movements are considered Open and are not allowed in Bronze, Silver or Gold Closed Syllabus events: Entrances, Dips and Drops below waist level, Knee Drops, Sit Drops, Floor Slashes, Sit Spins, Off-Balance Drags.
- Kicks, Rondés, Developés must be no more than waist high.
- No lifts are allowed.
- Jumping, skipping or hopping is not permitted.
- Continuous partnership Pivots are allowed for a maximum of 3 consecutive bars. Syncopated Pivots are allowed in Waltz only with no more than 1 syncopation per bar.
- Standing Spins/ Horse and Cart may be danced for up to 4 bars. Both feet must remain on the floor for both partners. The partners' timings do not have to match.
- All supported Picture Lines are allowed (above standing waist level) up to a maximum of 4 bars on one foot.

